

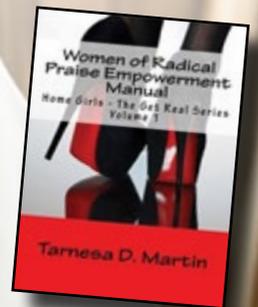
WOMEN 2 WOMEN MICHIGAN MAGAZINE

W2W



Is Cancer In
Our Control?
Stacey Kimbrell

How A Woman
Betrays Her
Aspirations
Joanna Shakti



Complimentary • Fall 2022 • \$4.95

Tarnesa Martin

Bounce Back Story



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W2W

Women *Inspiring* Women *for Good!*

---{ contributors }---

Contributing Writers

Deborah St. Hilaire • Suzanne Young • Tarnesa Martin • Mimi Matthews
Debra Loader • Lesley Howe • Stacy Kimbrell • Joanna Shakti

I love all things leopard print and sassy. 'Bling' is my middle name, and spunk is my game.

Debra K. Collins
Publisher



I have a travel companion named Itty Bitty and my favorite color is sparkle. I believe words are important. My favorite time of the year is every day.

Mimi Matthews
Editor



Firecracker - a paper cylinder containing an explosive and a fuse and set off to MAKE A NOISE. They call me Firecracker.

Lesley Howe
Executive Assistance/Marketing



My best self is in the mirror. I have a thing for sensory deprivation. I love to be upside-down.

Jennifer Gardner
Creative Director



Our Mission:

Women2Women Michigan was created to connect women with women for good to encourage, support, have fun, do business and provide links for women's resources.

DO YOU KNOW A MICHIGAN WOMAN WE SHOULD FEATURE?

Submit your stories online at w2wmichigan.com. Article guidelines are under the magazine tab.

WHY ADVERTISE WITH US?

Women make the majority of purchasing decisions. They buy goods and services for their homes, gardens, businesses, entertainment, health and nutrition, the list is endless. They want to be informed and connected in their communities. Event-driven marketing makes education fun and rewarding. You can reach these women in a heartwarming environment at Women2Women Michigan events and through our magazine.

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---{ note from our publisher & editor }---

Theme: Resilience/Aspirations

Breast Cancer Awareness Month



Mimi Matthews Debra K. Collins
Editor Publisher

*“Often it’s
the deepest
pain which
empowers
you to grow
into your
highest
self.”*

— Karen Salmansohn

*Happy Fall! In typical Michigan fashion,
it descended in one fell swoop!*

This issue we are focusing on the themes of Resilience and Aspirations. As usual, our issue is quite varied in subject matter. That’s why we love our writers and contributors. Everyone writes from their heart about what matters to them. And we know how much you enjoy what they have to say!

A new column we’ve added is “For the Love of Caregivers”, created from a need we saw in our readership. Please read and contribute your questions, comments, and advice as stated in the article.

On pages 12-15 Stacey Kimbrell has given us valuable information concerning breast cancer, in both awareness and prevention. You will want to keep this information for reference.

Check out the Contents page for titles that will grab you! I hope these articles cause you to think about your own aspirations and dreams. Also, that you will acknowledge the hard times you have come through and celebrate your resilience!

W2W has added new members to our staff. We love the energy that is created when all of us are together! Jen Gardner is a wife and mother of two girls. She has been a graphic designer for fourteen years and used to work with W2W. We are very happy to welcome her back.

Lesley Howe is our new executive assistant. Lesley started Firecracker Marketing & Promotions after her stint with Radio Disney. She worked with Deb on the KidZone Expo years ago and is excited to be a part of the Women 2 Women team.

Thank you for being part of our community of unique and wonderful women (and a few good men).

Hopefully you will be able to enjoy this beautiful season of the year.

Love and hugs,



Breast cancer awareness month

Mimi & Deb

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***“I can be
changed by what
happens to me.
But I refuse to be
reduced by it.”***

— Maya Angelou



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Bounce Back Story

Something I've learned from all of this:
**Your success does not depend
upon other people's approval.**

My story begins with stereotypes, odds against me, and the unpopular belief that I had what it took to become a Registered

Nurse. I was labeled as being an at-risk youth because of teenage pregnancy and graduating from a Flint Community High School.

I had loving parents who both worked at General Motors and were doing their best to raise my brothers and me with love and resources to transition into successful adults. However, we were still stereotyped as the “Underserved” or “Underprivileged”. I share this to say that mentally I had to believe I was good enough to become a nurse and bounce back from the low GPA, challenges of being a single mom, and not taking my high school years seriously.

Fortunately, I had a loving and supportive family that believed in higher education. My mom and grandparents volunteered

to help me raise my daughter and provided childcare so that I could attend college.



*Get up, heal,
and pick up
your crown like
it's never been
dropped.*



I started Mott Community College in 1990, with a positive attitude, thinking I could take my general education credits and apply to the nursing program with no problem. I had no idea that it was going to be a traumatic experience and take years to raise my academics to college level. The struggle was real because I had to learn how to be a student before I could function as a college student taking college level courses.

Unexpectedly, it took ten long years to reach my academic goal and become eligible to apply for the Nursing Program. During those ten years I married a successful business owner and wrote a stage play that was showcased at the

Whiting Auditorium delivering the message “The Street Life Offers No Respect & No Future” to a sold-out crowd. While

Jarnesa Martin



waiting to start nursing clinicals my grandma reminded me that I must finish my dream to become a nurse and be awarded the honor of wearing a white coat. I honored the advice of my dear grandma and put my dream of becoming a playwright on the shelf. This was a challenge considering the income from the play for two nights totaled \$80,000. But I knew the goal to obtain an education was priority.

I was told there was no wait to get into nursing clinicals at University of Michigan Flint campus, so I transferred, believing I was ready. The University of Michigan's atmosphere was a little different, and I experienced classes with fewer minorities and heard horror stories of how hard it was for minorities to get into the program.

Daily I prayed and encouraged myself to put in the work. I believed I had the academic power and intelligence to be successful. I followed the process and stayed the course, despite being denied twice to start the nursing program.

You are probably thinking this was because of my grades. Not this time. I had a grade point average of 3.3 or higher. I had some concerns, which is why my dad and I went to meet with the chancellor. The chancellor listened to our concerns but couldn't give us an answer as to why I was denied. This was heart breaking and very discouraging because I had done my very best to be accepted. It was also humiliating to watch other students that I had mentored and tutored enter the program with lower grade point averages. Nevertheless, I held back my

tears and told myself that nothing would stop me because God had anointed me to become a nurse and care for people.

All I can say is that God heard me that day, because a few weeks later I was called to the nursing office and accepted into nursing clinicals. I knew it was going to be challenging but I was up for the challenge. Plus, I had to make my family proud and show my community that you can overcome challenges and still become who God has created you to be. Even with setbacks, labels, and unpopular beliefs.

I graduated from University of Michigan-Flint with a Bachelor of Science in Nursing with honors. Despite the challenges of giving birth to a son, overcoming the odds, and rising above

(continued on page 8)



unpopular beliefs, I made it. I fulfilled the dream of becoming a registered nurse and wearing a white coat.

Yes! I activated my power and became who God created me to be without apology or compromise. Today, I am still standing strong with twenty-two years of nursing experience. I have worked in multiple roles, taught nursing clinicals as an adjunct clinical instructor at both U of M-Flint and Baker College. Before becoming “Nurse T” in the community, I was a nurse manager for 12 years.

Something I’ve learned from all of this: your success does not depend upon other people’s approval.

I am proud to say that the child I birthed during my teenage pregnancy has also fulfilled the dreams of wearing a white coat. My baby girl is a Registered Nurse. My son attends University of Montana on a basketball scholarship.

My future goal is to start an affordable coaching business helping women heal and bounce back from the pain of divorce—with purpose and self-confidence to transition their lives from good to great.

You owe it to yourself to become a better version of you. NO excuses...

Get up, heal, and pick up your crown like it’s never been dropped. ■



EXTRA NOTE

Tarnesa Martin says that she is “just a Home Girl from Flint...who continues to believe that I can become the woman that God has created me to be, without apology or compromise.”

She was told that she:

✘ Couldn’t write a play without any experience—**BUT** she *sold out* the Whiting Auditorium.

✘ Couldn’t become a nurse because of her low GPA—**BUT** she graduated from U of M *with honors*.

✘ “They” told her she couldn’t every time. And every time she believed she could despite challenges, judgments, and unpopular beliefs.

✘ Recently she was voted as a “Community Champion”—empowering people to **activate their health care power!**

Tarnesa loves being involved in our community. She is a member of and/or participates with many boards and groups, including: Greater Flint YWCA, National Alliance for Mental Health, Community Housing Resource Board, Mothers of Joy, MEOW, Is This Menopause or What?, and the Flint Genesee Literacy Network steering committee.

---{ for the love of caregivers }---

W2W HAS REALIZED A NEED AMONG OUR COMMUNITY: A CAREGIVER SUPPORT COLUMN.

FOR THE LOVE OF CAREGIVERS

by Mimi Matthews

Many of our readers are caregivers for someone, including elderly parents, a disabled child, or even grandchildren.

Full- and part-time caregivers can feel isolated. We hope that this column will provide information, support, and a connection to others who understand the caregiver journey.

Please email us your questions, answers, encouragement, or stories to mimi@w2wmichigan.com. We welcome your input and hope to make a difference in the caregivers' community.

As an initial post, let's bring attention to something we may not realize.

THERE IS *LOSS* IN THE CAREGIVER'S JOURNEY.

- We have to change our lives, our expectations of the future, and sometimes where we live.
- We may lose friends because we are no longer available.
- We miss our independence, going out with friends, and the routine we used to have.
- We have given up hobbies and activities we loved because there isn't time (or energy) for them anymore.
- The relationship we had, or expected to have, with the one we are caring for has changed.

As these losses occur we can begin to feel resentful, or melancholy, angry, or even trapped.

It is important to identify those losses and take the time needed to grieve them.





How a Woman BETRAYS HER ASPIRATIONS

The deep heart of a woman knows aspiration beyond what she can speak into words. She feels it in her belly. It's felt in her womb. One of the greatest gifts of a woman, and her feminine essence, is her ability to create – to create life, of course, but to birth an aspiration, a vision, into full-blown manifested reality.

The feminine knows how to cultivate and nourish what wants to happen in her life and in the world. Yet so often in her knowing that something wants to happen, even needs to happen, her attention jumps from the creative power within to the end product beyond her. In that abandoning of her innate flowing creative power, and that grasping of the masculine make-it-happen, get-it-done focus, she will produce a result, but at what cost?

With her fierce determination, that vision will, no doubt, come to fruition. However, the woman who birthed it from the practical driven side of herself usually ends up empty, unfulfilled and probably cranky.

It doesn't matter the nature of the aspiration – launching a new product in a global market, creating changes in school policy, hosting a birthday party for a toddler, or anything in between. The *process* it takes to move that aspiration and vision from idea to reality matters.

For most women, to feel the genuine inner reward at the end, she must stay in touch with her creative powers. She must know that when it appears to be failing or she gets tired along the way, it's not a matter of doubling down and working harder, but rather an opportunity for her to pause. These moments of pause give her the chance to find, know, and embody the incredible resiliency of the feminine *if* she's well cared for.

Resiliency and “staying power,” aka commitment, must go hand in hand to produce the best results. “Best” results are defined as the end product appearing better than the vision she originally aspired to create, *and* the woman who produced that result feels fuller and more alive because of the creative, productive process.

That fullness, that internal satisfaction at the end, depends on her ability to stay connected to herself throughout the journey. It requires her to recognize her needs so she can take a break when she needs to. This is something most women today don't give themselves permission for and also one of the main reasons women lack the true resiliency they once had.

Without nourishment, without rest – which is even more important than what we've currently deemed self-care – her coffers remain empty. She has no reserves to rely on in the moments of challenge.

Then she is left with two choices - quit or push through in self-sacrifice and self-denial of her own needs.

The resilient woman, beyond her ability to rest and slow down, feels, honors, and follows her intuition along the way. Her priceless intuition receives the ideas that make the creative process even better in the end. It also allows her to follow the energy into the synchronistic experiences that bring the right people at the right time to make the process even more profound. With intuition followed, the creative experience also, and more importantly, takes *less* effort.

When a woman grounds her aspirations with her innate ability to create, intuit, surrender to the process, and receive support, magic happens. In her innate resiliency, she experiences more than what she aspired to. That is not only satisfying for her, it feeds those she loves and quite often, more than she realizes, it feeds the world around her.

► *Formally an Electrical Engineer with an MBA, Joanna Shakti now lives to remind men and women of the power and potential of love. She is the founder of Ecstatic Intimacy. You may have seen her as the Intimacy Expert on America's Got Talent, or in her other appearances on Fox, VH1, and Comedy Central.*





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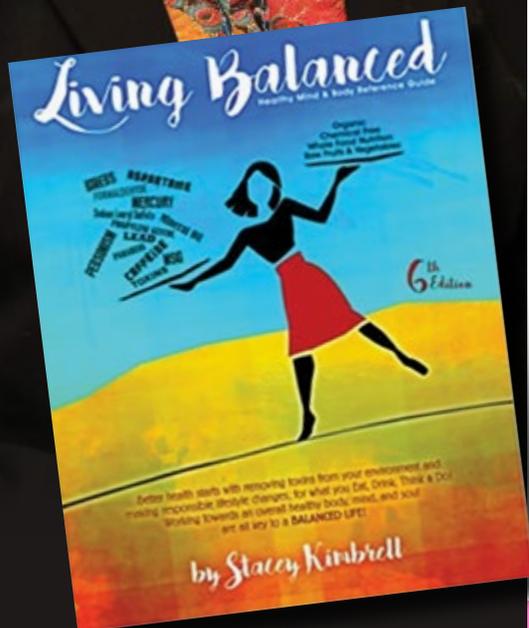
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- Over 10,000 impressions in our digital and printed publication

Sample page



Is Cancer In Our Control?

Chemical Awareness Specialist & Author



Essential Steps to AVOIDING CANCER

Cancer, one of the most feared words. Today, I will share with you the truth about how certain lifestyle changes can help prevent cancer and I will give you exclusive access to my 5 Day Cancer Series.

Statistics show that children of this generation are now being exposed to more toxins in one day than our grandparents were in their entire lifetime.

Have you ever heard the term Body Burden? Per the CDC, it's the total amount of a particular chemical present in a human body. Typically, it's a radioactive element or other toxic substance. Per the EWG, a study showed 287 chemicals were detected in umbilical cord blood, and 180 of them cause cancer in humans. This happens when a small amount of toxins, many of which are found in many of our everyday products, are used consistently over time. These toxins build up and create havoc on our bodies causing multiple illnesses, disabilities and diseases.

What is even more shocking is that **ONLY 5% to 10% of ALL cancers result directly from gene defects** (inherited by a parent). That's for ALL ages, races, and genders per the American Cancer Society (ACS).

Let's break this down. That means, up to 95% of ALL **CANCERS** are NOT GENETIC! Let that sink in for a minute.

Why haven't we heard this before? Why is it not on the nightly news? Because cancer is big business! Cancer is caused mainly by the cumulative

consumption of toxins over time in our everyday products and lifestyle choices.

Partial List of Known Human Carcinogens & Environmental Factors Per the ACS:

LIFESTYLE FACTORS (tobacco, vape, second hand smoke, alcohol, stress, poor nutrition and physical activity, etc.)

NATURALLY OCCURRING EXPOSURES (ultraviolet light, radon gas, infectious agents, etc.)

MEDICAL TREATMENTS (X-rays, CT, PET, radiation, mammogram, and medications including chemotherapy, hormones, and immune suppressing drugs, etc.)

It's time for you to become your own health advocate! Not only for yourself, but for your family and pets as well! **Remember, just because something is common, does not make it normal!**

I look forward to helping you learn how to prevent becoming a statistic and for my 5 Day Cancer Series, follow this link: <https://pb-site.com/p/BMbMm7QrBwm>

► *Stacey is the author of the book "Living Balanced: Healthy, Mind & Body Reference Guide".*

*For the last 15 years she has taught that working towards an overall healthy body, mind, and soul are all key to a **BALANCED LIFE!***

Live with Hope & Zeal in all things. (810) 423-5721, stacey@staceykimbrell.com or LivingAnointed.com or Amazon.



HEALTHY BREAST CARE

1 IN 8 WOMEN
WILL BE DIAGNOSED WITH BREAST CANCER

5-10% OF ALL CANCERS ARE INHERITED (GENETIC)
90-95% ARE CAUSED BY LIFESTYLE
CHANGE THE LIFESTYLE, CHANGE THE STATISTIC

THE FACTS FROM THE AMERICAN CANCER SOCIETY

1 in 8 US women (12%) will develop invasive breast cancer over the course of their lifetime. 287,500 new cases of invasive breast cancer will be diagnosed in women, and about 43,550 of those will die in 2022. Breast cancer is the 2nd leading cause of cancer death (lung cancer is 1st). Currently, there are 3.8 million women with a history of breast cancer in the U.S. being treated or who have finished treatment.

Here's a shocking stat! *"Only 5-10% of ALL cancers can be linked to known gene mutations inherited from one's mother or father",* including BRCA1-2 gene. This means that **up to 95% of ALL Cancer is from lifestyle choices and the environment!** *We just need education!*

A 1996 Johns Hopkins study concluded that **women low in natural progesterone have an 80% higher risk of developing breast cancer** and that the risk of developing other malignant cancers increases ten-fold. The hormone estrogen fuels 80% of all breast cancers.

Xenoestrogens are foreign estrogens that mimic the functions of our natural estrogens. They attach themselves to our cells' receptors, taking over the natural estrogens' functions to control growth and development. Estrogens promote tissue growth and development, which give you lovely breasts, supple skin, and the ability to conceive and create a new life. Too much estrogen in the body can promote unnatural growth such as fibroids, cysts, tumors and weight gain. It also interrupts the balance of the entire endocrine system. So to prevent estrogen dominance and to rebalance the delicate endocrine system, it's important to avoid xenoestrogens as much as possible.

RESPECTING OUR BODY IS KEY

Preventative self-care is critical and simple in reducing our risk of developing breast cancer. If you find a sore spot or lump, please take appropriate measures, but do not freak out! Often it can be just a clogged lymph node that needs to be massaged out. There are many things we can do daily to love our bodies and breasts and keep them healthy. As women, we usually have to learn how to "TAKE TIME" to respect ourselves and our bodies. 40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a monthly breast self-exam is very important to become familiar with how your breasts look and feel. The same goes for US men, 1 in 1,000 get breast cancer.

15 STEPS ON HOW DECREASE YOUR BODY BURDEN

#1 EAT TO LIVE - AVOID DIS-EASED FOODS

Eat to live, not live to eat! First, drink ½ your body weight in oz. of water per day. Then eating a well-balanced diet full of essential fatty acids, antioxidant-rich vegetables, fruits, proteins, and nutrient-dense foods (all good quality and organic when possible) is critical to maintaining an excellent, dis-ease free body.

a. Commercially-raised meat and dairy products

These products are contaminated with bovine growth hormones and expose us to a significant amount of xenoestrogens. Instead, consume hormone-free, grass-fed, and humanely raised animals.

b. Anything that contains insecticide or pesticide residues

This includes everything we eat, from grains, fruits, nuts and legumes, to veggies. Eat local organic foods when possible.

c. Tap water Much of our water is polluted with petroleum derivatives, (xenoestrogens). Drink filtered water if possible.

d. Artificial food additives, sweeteners & MSG

Studies have shown that 31 substances are added to food to preserve, to color, for texture, or for flavor and have potential estrogenic effects. Cut back on processed and packaged foods.

e. Foods that contain soy protein and soy protein isolate

They're packed with condensed, unnaturally high amounts of plant estrogen, which can lead to estrogen dominance. Avoid!

#2 AVOID PLASTIC CONTAINERS AND BOTTLES

Phthalates Soft plastics (like packaging materials) are often treated with phthalates, a xenoestrogen, to increase flexibility. Plastic wrapped foods, heated in the microwave, contain some of the highest xenoestrogen levels. Don't heat baby bottles, food or water with plastic in the microwave. Avoid - like the plague - drinking any hot liquids in Styrofoam. Toxic plastics are #3, 6, 7. Also, avoid canned foods that are lined with a plastic coating that contains bisphenol-A (BPA). When possible, store your foods and beverages in glass containers.

#3 STOP DYING TO BE BEAUTIFUL

Most of your everyday skin and beauty products, for all ages, are dangerous and full of toxic chemicals with NO regulation by the FDA. Many are linked to illness and disease, and cancer. 99% of aggressive breast cancer tumors have parabens in them. Parabens are Xeno (synthetic) estrogens, that are in some products like shampoos, soaps, toothpastes, mouthwash, cosmetics and other personal care products that contain paraben or phenoxyethanol chemical compounds used as preservatives. Xenoestrogens entering the skin go directly to tissue without passing through the liver for detoxification being 100% absorbed by the body and can be 10X more potent than those consumed orally.

HEALTHY BREAST CARE

#4 AVOID SOCIAL AND RECREATIONAL DRUGS

All drugs have adverse side effects! Smoking cigarettes, vaping and alcohol use are associated with an increased risk of cancer.

#5 MOVE YOUR BODY AND STAY FIT

No matter your age or what stage of life you are in, increasing physical activity reduces breast cancer risk by 10% to 30%. Just a minimum of dancing around, walking or using a rebounder for 30 minutes, 5 days a week, is all it takes. Make it fun and SWEAT it out! Sweating helps detoxify your body and decrease the amount of estrogen that affects your breasts. Chemical deodorants are not good. Using antiperspirant is one of the worst things you can do to your lymph nodes and breast! If you have BO, you need to cleanse (detox) your lymphatic system.

#6 RESIST SYNTHETIC HORMONE THERAPY

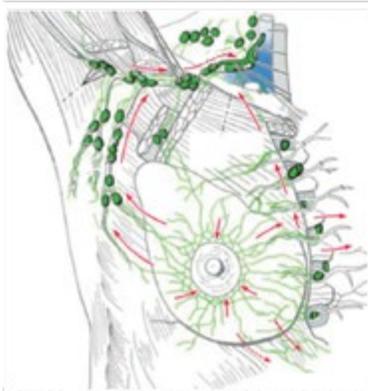
Birth Control options are very inflammatory & increase breast cancer risk by a minimum of 250%. Girls 18 and under, who use birth control, have a 500% increased risk of dying from breast cancer in their lifetime. Also, taking 1 birth control pill adds 10 years of increased risk of getting breast and cervical cancer, per Dr. Purser.

A study by JAMA Psychiatry found a 40% increase in the risk of depression for women after just 6 months of using hormonal contraception.

Furthermore, studies have shown that Menopausal Hormone Therapy limit HRT, a hormonal drug for menopausal symptoms which increases risk of breast and cervical cancer. The hormones used in traditional medical estrogen therapy are made from pregnant horses' urine and other synthetic hormones. Sadly, most think that "bio-identical" hormones are natural, but they are man-made hormones—not always natural!

There are ways to support your hormones naturally. Using birth control pills to regulate your periods is not a viable long-term solution, and it often does not address the underlying root causes of the imbalance. Always get to the root and start creating healthier habits.

#7 LET YOUR LYMPH FLOW



The lymphatic system can rid the body of toxins, waste, and infection-fighting white blood cells. Your entire immune function relies on this one-way system of vessels and nodes that run throughout your entire body, destroying disease-causing microorganisms. The lymphatic system relies solely on the movement of your body to move things along. Daily self-massage,

skin/dry brushing, and salt scrubs can all keep your lymph flowing. Always move in the direction towards the heart. Minimize the time you wear your bra every day and don't wear it to bed. The lymph around your breasts and in your armpits need to flow freely. This is why we don't want toxic deodorant and underwire bras that shut off the lymph flow, making it much harder for your body to detoxify breast tissue.

#8 ESSENTIAL VITAMINS & MINERALS

Antioxidants help the cells in your breasts fight cellular inflammation. Supplementation is easy with NingXia Red! It is the highest nutrient antioxidant supplement available! Whether you want to boost your energy, supplement your diet, or manage your weight, Young Living's multivitamins and nutritional solutions empower you to meet your wellness goals the natural way. Studies show having optimum levels of vitamin D lowers the risk of breast cancer. Your Vitamin D3 level at least 40 ng/ml. If it's not, take Carlson's Liquid Vitamin D3. Be to take up to 50,000 IUs per week until your levels are high enough then 4,000 IUs per day for life.

#9 BREASTS LOVE USING ESSENTIAL OILS

I promise you if your boobs haven't experienced the soothing power of Young Living Essential Oils, they are in for a healthy treat! Young Living's natural solutions enrich your life and help reclaim your natural inner radiance. It is easy to incorporate essential oils into your daily routine to help you find life balance and inner serenity. I have applied the "TATAS" blend at least 1 x a day for the last 10 years.

#10 MANAGE STRESS

When stressed, your body uses progesterone (female hormone) to create cortisol, which helps your body handle the stressful situation. But it leaves behind an excess of estrogen. Replenish your body with what it is missing and move forward learning new coping skills to manage your stressors. Prayer, meditation, journaling, essential oils, exercising, and sleep are all beneficial.

#11 KNOW YOUR LEVELS

Per the AMA, your doctor is only allowed to treat illness and disease. As you start to do your own research, ask your doctor to monitor your health as you begin to make some lifestyle changes. Start with asking for necessary blood work to see where you're at. You have the right to ask for the following testing, but you may have to be firm and stand your ground to get them: Cholesterol levels, A1C, Sodium, Vitamin D, CRP, Cortisol (spit test), Progesterone, Estradiol, DHEA's, Free Testosterone, TSH, T3, T4, Free T3, and Free T4.

#12 KNOW WHY, WHO AND WHAT YOU'RE SUPPORTING

Have you ever heard of "Pinkwasher"? If not, take a deep breath. I'm sure we all know that things are not always as they seem. You have to learn the who, what, and why to protect yourself and your loved ones. Breast Cancer Action coined the phrase, Think Before You Pink campaign. Pinkwasher: A company or organization that claims to care about breast cancer by promoting a pink ribbon product, but at the same time produces, manufactures and/or sells products that are linked to Breast Cancer. *Many well-known cosmetics companies continue to sell cosmetics containing chemicals that have been linked to breast cancer whether they cost \$.05 - \$200 per oz.*

Ask these questions before you purchase pink ribbon products

1. Does any money from this pink product purchased go to support breast cancer programs? How much? What organization gets the money? What will they do with the funds?
2. Is there a "cap" on the amount the company will donate? Has this maximum donation already been met?
3. Does this purchase put you or someone you love at risk for exposure to toxic chemicals that cause or are linked to breast cancer?

HEALTHY BREAST CARE

#13 RADIATION

Many believe that the risk of mammogram (Mammo) spot radiation to your breast and the damage from smashing them does not outweigh the risk of *radiation induced Breast Cancer*. On the flip side, many agree that since we have better choice options like Thermal Diagnostic Infrared Imaging why not be safer than sorry.

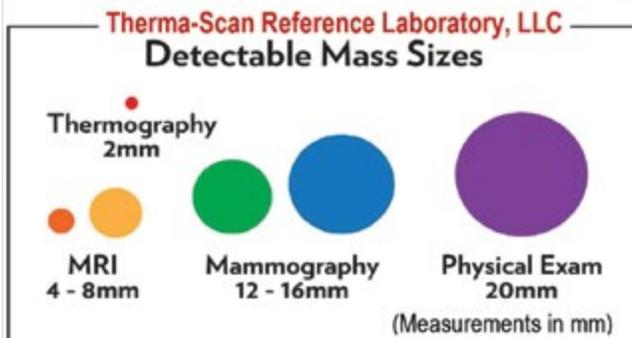
The Risks and Limitations of Mammograms Include:

- Exposure to low-dose radiation and they aren't always accurate
- Mammograms in younger women can be difficult to interpret.
- 8-10% Mammograms may result in a false-negative/positive test.
- Mammograms can lead to additional testing and repeat views because of movement artifacts or improper breast positioning which will also increase your risk. Study suggests that women with large breasts or augmentation receive greater radiation doses and may have a greater risk for radiation-induced breast cancer and cancer death.

The new 3D Mammo gives a slightly higher radiation dose, from 0.5 to 1.0 mSv, than the average 2D Mammo at 0.5 mSv. The average views taken is 3.5. So, potentially that is 1.75 mSv of radiation per breast. *For a baseline the average person absorbs 3 mSv of radiation a year.* Limit to when only necessary: X-Ray, CT, PET and nuclear scans, due to the amount of mSv (radiation). Visit epa.org for radiation test levels and possible radon levels in your home.

Thermal Diagnostic Infrared Imaging Scans are a non-invasive and non-harmful way to check for cancers. It requires no radiation, no tissue damage, and no squeezing compression. Research says it can detect cancer up to 10 years before a Mammo and Mammograms miss 1 in 5 cancers because it may be too small to detect.

Thermal Diagnostic Infrared Imaging can detect a tumor at 2mm. ThermaScan.com is the world's premier source for the analysis and reporting of medical thermology and certified by the American Board of Thermology in oncology, neuroscience and vascular thermology.



#14 DO YOUR OWN RESEARCH

Here are two examples. Even though you have used them for years, it doesn't mean they are safe. Dryer sheets are loaded with xenoestrogens to make your clothes feel soft and fresh, but the residual xenoestrogens can permeate your skin and go directly into your cells. Use 1/2 cup baking soda in the rinse cycle instead. Also, avoid tampons and pads that have chlorine, fragrance, wax, surfactants, rayon, etc. Tampons have dioxins, chemical contaminants that may increase the risk of cancer, reproductive and developmental problems, heart disease and diabetes. Use organic cotton tampons, reusable cloth pads or menstrual cups instead.

Educate yourself with established medical doctors who **treat the body not the symptoms**. Please watch their Facebook videos, get their books and visit their website. Dr. Dan Purser, (hormones) DanPurserMD.com and Dr. Tom Reed, DrTomReed.com.

Seek out an X'Tract Lymphatic specialist near you.
I go to Kay in Grand Blanc, MI. KayHimm.com 810.730.1914

Learn about health, nutrition, and the toxins in our everyday products. The book *Living Balanced Healthy Body & Mind Reference Guide* by Stacey Kimbrell will educate you on all of the necessary changes needed to make for a healthier lifestyle. LivingAnointed.com.

#15 PRACTICE BREAST SELF-EXAMS

It's never too late to get to know your breasts! Examine your breasts and armpits weekly, then if there are any changes in your breast tissue, you will know! Massaging this area will assist in ridding your body of toxins while increasing blood flow.



1) IN THE SHOWER

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts feeling for any lump, thickening, hardened knot, or any other breast changes.



2) IN FRONT OF A MIRROR

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.



3) LYING DOWN

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

References:

cancer.org • epa.org • ww5.komen.org • pubmed.gov • annals.org • cdc.gov • Mercola.com • cancerresearchuk.org • LivingAnointed.com • hps.org • DanPurserMD.com • breastcancer.org • DrTomReed.com



LITTLE WOMEN "KIDPRENEURS"

by Lesley Howe

RAISE YOUR HAND if you had a lemonade stand as a kid. Did you mow lawns? Or maybe you cruised the neighborhood on your bike selling your unwanted toys and art to make a little extra cash? The third one was me.

I've been an entrepreneur since I was a "little woman". I love seeing kids come up with ways to make their own money. Or, maybe they get some help from their parents. Either way, I thought it would be a fun feature to showcase the "kidpreneurs" in our communities.

Stay tuned. We'll have our first one in the next issue. There may be cookies involved.

---{ just a question }---

Q

What does it feel like to be empowered?

The degree from which I am aligned with what is true is directly proportional to the experience of empowerment I have. It feels like clarity, trust, excitement, enjoyment, and enthusiasm!

JENNI E.
South Lyon

To me it would be **STRONG**, not just in a physical sense but mentally! Like I can empower **ANYTHING** I put my mind to, because mind over matter!

NATALIE WRIGHT
North Branch

Confident! Showing up, speaking up. Fully expressed and unapologetic.

DEB C.
Flint

I feel like a ROCKSTAR!!!

M. M.
Mt. Morris

It feels like alignment. I don't need to give my opinion, or even talk. It feels like I am in control of my thoughts, breath, and body. It's like a force-field from within me, working to create my desired reality.

TORII G.
Linden

I feel like I'm alive. Like I'm filled with the fullness of who I'm suppose to be. It makes me feel confident to then follow my dreams & passions. To then make my dreams a living reality.

MIKAYLA G.
Flushing

To be able to walk into a room and not care what other people think about me.

FIRECRACKER
Genesee

Our Next Question

How does resiliency show up in your life?

To submit, email us at office@w2wmichigan.com and include your full name, city, and pic (optional). Your response could be featured in our next issue!



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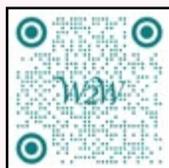
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I Hope You Blew It!

I hope you have messed up really big. At least once in your life. Better yet, a whole bunch of messes. Mistakes. Wrong choices. Foot-in-your-mouth embarrassment and falling down onstage kinds of messing up.

And please don't think I'm mean, but I really hope that life has given you lemons. And disappointments. And some really hard times to work through.

Now before you think me cruel-hearted, stay with me a bit. This really is a motivational post, so read on.

In my experience, some of the shallowest people I've encountered seem to have never gone through difficulties in their lives. Their children are always healthy, their marriage is wonderful, and they are in a job they love. They go on vacations regularly (according to Facebook) and have huge family celebrations during the holidays where their children receive tons of presents. And yet, instead of seeing how hugely blessed they are, they complain and whine all the time, and lack generosity and open-heartedness.

In comparison, some of the wisest, most passionate and helpful individuals I've come to know are those who have a whole bunch of "junk in their trunk". No, I'm not talking about a part of their anatomy; I'm talking about all the *difficult experiences* they have sifted through in their lives in order to become the light-shining examples they are today.

These folks have endured the "junk" of messes and mistakes and life events that broadsided them, and now those experiences—and *what they taught them*—are stashed away in their "trunk" to pull out when needed—for example, when someone they know is going through a tough time and their compassionate ear and experiential truth can help them.

In real life, the longer we live the more mistakes—or messes—we make and also the more wounded we become, either by our own hand or that of someone else. But that wounding can actually serve a purpose, if we choose it, by allowing the light to come into our spirits and

souls. May sound incredible, but I have experienced this myself and have seen it in countless others. Many professional speakers have earned their spot because they worked through tough times and can now offer advice and ways for us to do the same.

I love how Dave Ramsey, the money guy, puts it:

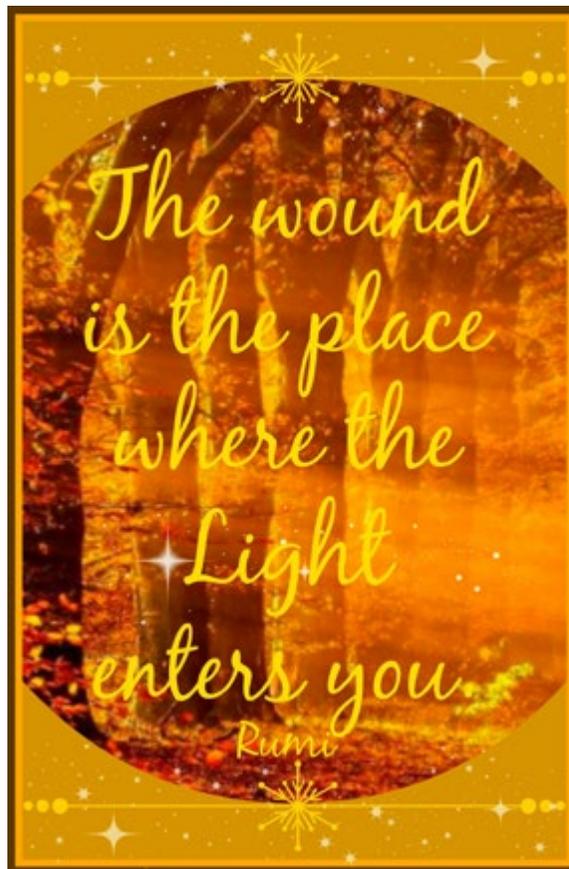
"I want to know how someone's been crushed in life; not where someone went to college."

Basically (my interpretation), being crushed gives us what we need to become compassionate, warriors, problem solvers, and creative thinkers.

So often the "mess" wounds us. However, there is always truth and something to learn from hard experiences, even if it's, "I never want to do *that* again!"

And that TRUTH is the "light" that comes into our wounded hearts and spirits.

When we turn it around and push that truth back out for others to see and learn from, we give a *positive* power to the potentially disastrous events that could suck the life right out of us. It takes a conscious choice to seek the lesson, the truth, and the power that comes from them.



"Heal the mess from your past, allow your light to shine and then use that light to heal the world. Your mess becomes your success."

—Amy Marzluff

For those who are thinking, "It's easy enough for her but she hasn't been where I am," I will become vulnerable and reveal some messes in my own life because I want to prove my point.

I went through a divorce after 28 years of marriage—a mess of my own choosing.

Because of the housing market crash I lost my beautiful home to foreclosure. After being sued by the mortgage insurance company trying to recover its losses I had to file for bankruptcy. Not only did these things annihilate my credit, but they pretty much broadsided me. These messes I did *not* choose.

However, what I learned from each of these I quite often share with others.

One of the most wounding and devastating times I've ever endured was fourteen years into marriage when my husband left me because of my "need to be in control" (his words) and non-acceptance of his choices. So how did I learn from *this*?

During the two years we were separated I began my quest to heal and change the person I was. I sought truth to counteract the lies I'd believed. (This is what I mean by allowing the light to shine in when we are wounded.)

Through study, I realized my husband was a narcissist with the need to be right and get his own way, and I share about this personality disorder with others.

I came to identify my low self-esteem and how it caused unhealthy behaviors. (Incidentally, controlling behaviors and

low self-esteem are two key producers of "messes".)

While reading and discovering, I learned truth about myself and made changes in my thought patterns and behavior, instead of being controlled by the opinions and criticism of others.

Embracing truth meant I would no longer tolerate lies. Unfortunately, because I was married to someone who lied to and about me, my intolerance of lies contributed to the demise of my marriage several years later. Perhaps I should have put a disclaimer on this post.

**BEWARE:
EMBRACING
TRUTH
CHANGES
YOU
AND SOME
PEOPLE
WON'T
LIKE YOU
ANY MORE**

Today my life is quite fulfilling, I'm more content, and I live with daily purpose.

**SOME OF THE SUCCESSES
RESULTING FROM MY MESSES:**

- ✓ Instead of believing lies, I began speaking truth to myself.
- ✓ I have learned my strengths and celebrate them.

✓ I changed my opinion of myself, and realize I'm a pretty fantastic person.

✓ I decided to step out and create a job I love, thus allowing others to learn from my light.

✓ I purposely choose daily to believe in myself, to choose joy, and to speak positive words. I don't always succeed in these lofty goals because I'm human, but I do more often than not.

Because of the messes, I was challenged to change. Staying the same, with all my insecurities and self-defeating behavior, was no longer an option for me. I wanted more!

And THAT is where the success comes in!! Changing. Sharing. Helping others. Speaking truth.

That is why your messes are valuable. You learn! You become passionate about the things you learn and use your experience to help others. We are social creatures and you will share your mess at some point, followed by the truth gained from it. Scary as it is, I encourage you to admit your mess, your mistakes, and the positives that came from them.

Every single person alive has failed or made mistakes. But somehow we feel ashamed to admit we are human. What if mistakes and failures became only experiences we learn from and we weren't afraid to reveal them? They would no longer be the sensational items they once were because if EVERYONE admits to failure then it's no big deal. It would no longer shame us and render us impotent. We would turn failure into power!

Fear of judgment keeps us from allowing the light to shine through. We need to choose to be brave, become vulnerable, and turn the hard stuff into good stuff that helps not only us, but others.

Not everyone will choose this way of life, but YOU can!

Perhaps you have no idea where to start in your messy, successful journey. Here are some of the ways I found help.

(continued on page 22)

GRATITUDE.

This may feel like the last thing you want to do but will keep everything in perspective. There is always something to be thankful for (breath, life, nature, sleep, friends, food) and being thankful turns the dial away from the negative.

LOOK BEYOND YOURSELF.

Others hurt too. Turn your eyes outward. Reach out to others who are hurting, and your heart will heal. You may feel as if there isn't one ounce left to give someone else, but I wholeheartedly believe that we heal while helping others.

ASK FOR HELP.

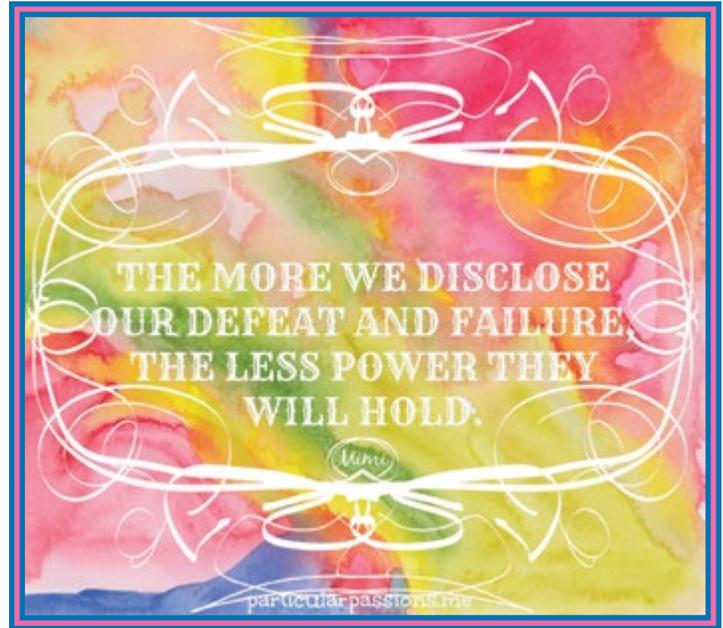
In the midst of your mess and hardship. Whatever you need, ask for it. Help from friends and family will give you enough energy to endure. We become bowed under carrying the weight of our mess, and a burden shared becomes lighter.

JUST BREATHE.

Sometimes that is all you can do, and it's ok.

PRAY. MEDITATE. RECEIVE.

When the mess is more than you can endure, just stop. Clear your calendar, turn off the noise, and be still.



READ AND RESEARCH.

In the midst of my own mess, I began to read the wisdom and ideas of others who pointed me forward on my journey. There are many authors and bloggers who can help reformulate your messy life, including me: www.particularpassions.me. I've listed some of my favorites below; however, your unique personality and quest will guide you.

I wish you success along your messy journey.

Learn the truths, find the power, share with others, and your mistakes and failures will be some of the most powerful moments of your life.

AUTHORS:

Brene Brown: *Rising Strong*, her other books and YouTube videos

Sue Monk Kidd: I love every book she's written, but *When The Heart Waits* was truly valuable

Lisa Jimenez: *Conquer Fear*

Dr. Daniel Amen: *Change Your Brain Change Your Life*

Marshall Goldsmith: *MOJO How to Get It, How to Keep It, How to Get It Back If You Lose It*

► *Mimi Matthews is in the "encouragement business" as the owner of Empowrdment Cards by Mimi, which features greeting cards that inspire and encourage. She is also a speaker, workshop leader, writer, and our editor. Visit her shop at www.etsy.com/shop/EmPOWordmentCards, her blog at www.particularpassions.me, and her website at www.passionistaatlargo.org.*



DON'T GET CAUGHT IN THE TRASH!

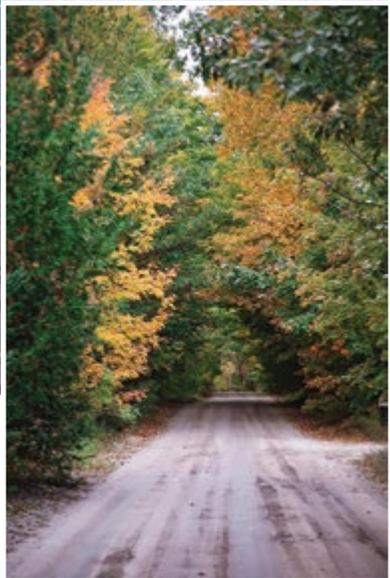
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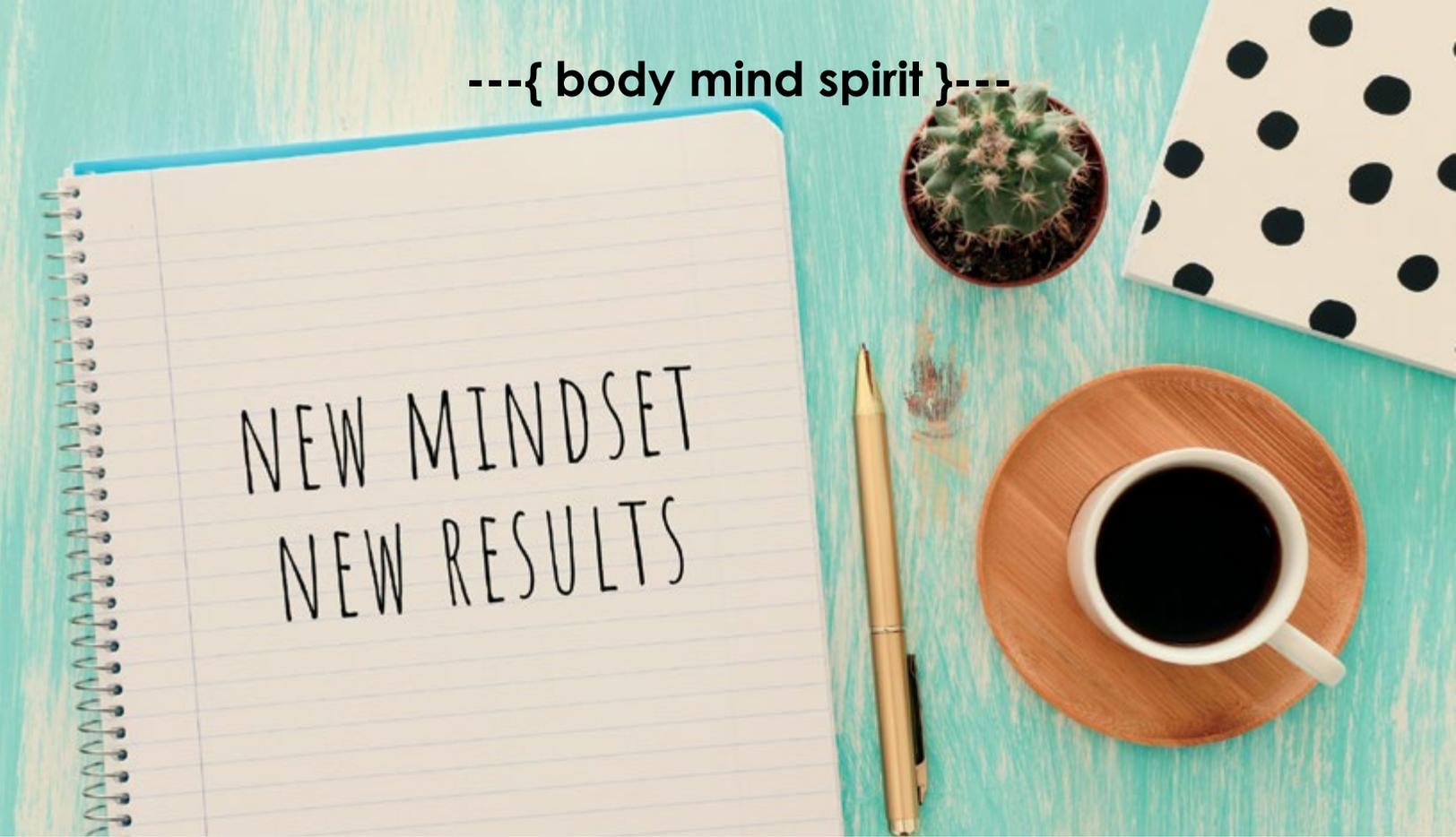
Fall in the Mitten



*top large photo: Savannah Waldchen - Crosswinds Marsh in New Boston
top left photo: Gwynn Bailey, Gaylord
bottom left photo: Amy Connolly, backyard in Davison
top, middle & bottom right photos:
Jules Halbrooks Photography, Mackinaw City*



---{ body mind spirit }---



NEW MINDSET
NEW RESULTS

New Mindset New Results

There are two kinds of people: those who desire to become the best version of themselves and those who are content to stay exactly as they are.

I've often been puzzled by the latter, finding them to be pleasantly affable and perfectly happy. I say good for them! They found their comfortable niche and choose to stay there. In fact, I often envy them, wondering how they do it!!

After interviewing and coaching hundreds of women I've concluded that the difference is: Aspiration!

Aspiration is defined as a noun, meaning a hope or ambition of achieving something. As a medical term it means the action or

process of drawing breath. It is having a drive, an inner calling of finding purpose, that gives some people their very breath.

But what happens when they have based their aspirations on an *external* goal? Like being the best in their field, raising children to be happy and secure, founding a company, or living in a particular community? Reaching that goal, or abandoning it for another, seems to make no difference because they are left without purpose and meaning, continuing to live unsatisfied and unhappy.

THESE ARE THE WOMEN I WANT TO ADDRESS.

Quite simply put, if you're retired, an empty nester, a widow, or just lost, no one and no thing can GIVE you purpose. You, alone, must find your breath and aspire to become a better, happier you from the inside! You must include your heart, your brain, follow your intuition and trust each step. Each person was placed in front of you for a reason. It's up to you to figure out why.

How do I know? My chosen career came to an abrupt halt in 2009. I was betrayed and deeply wounded. I lost everything, including every aspiration I had. It took me a year of seclusion to figure it out. I am going to share it with you, as I have with others in your boat who are on a very rough and uncertain sea. So get your oars in the water and begin to chart a new course:

1 Know that you are not alone and if you feel you are beyond your own strength, seek help. Allow a captain to temporarily guide you as you remain at the ship's wheel. This does not make you weak, it means you're human.

2 What was your internal aspiration when you were less encumbered? Was it to dance, paint, write a book etc? Write everything down, which brings us to...

3 Journal! Ask yourself questions like: Who am I? Who do I want to be? How do I want others to see me? Then answer them! Keep asking yourself difficult questions, get to know yourself! Chances are you put yourself gladly serving the needs of others before yours were met! Now's the time to define who you are!

4 Chart a new course. Decide where you want to go and set sail in that direction. There will be occasional rogue waves to set you back but don't give up...you now have new aspirations and have found fresh air to breath.

5 Each time you allow yourself to go off course, don't judge the direction. If it feels right, it's not wrong. Look at what has been discovered "accidentally"!

6 Be grateful. Always. For what you have, what you've had, who you have met and known...most importantly...for who you are and who you are becoming.

Life is to be explored, not endured. You were born for a reason, seek it! There is peace, happiness and fulfillment to be found. Your treasure awaits. Find it!

Much love, Coach Deb

► *Deborah St.Hilaire is a unifier, enlightener and catalyst for change in the way women are treated and treat each other. Author, speaker, transformational coach and teacher, Deb, the founder of MyBodyMindSpirit.com, is dedicated to enriching lives through selfcare, meditation, movement, thought and journaling. She can be reached at 989.450.4200 or deb@mybodemindspirit.com.*



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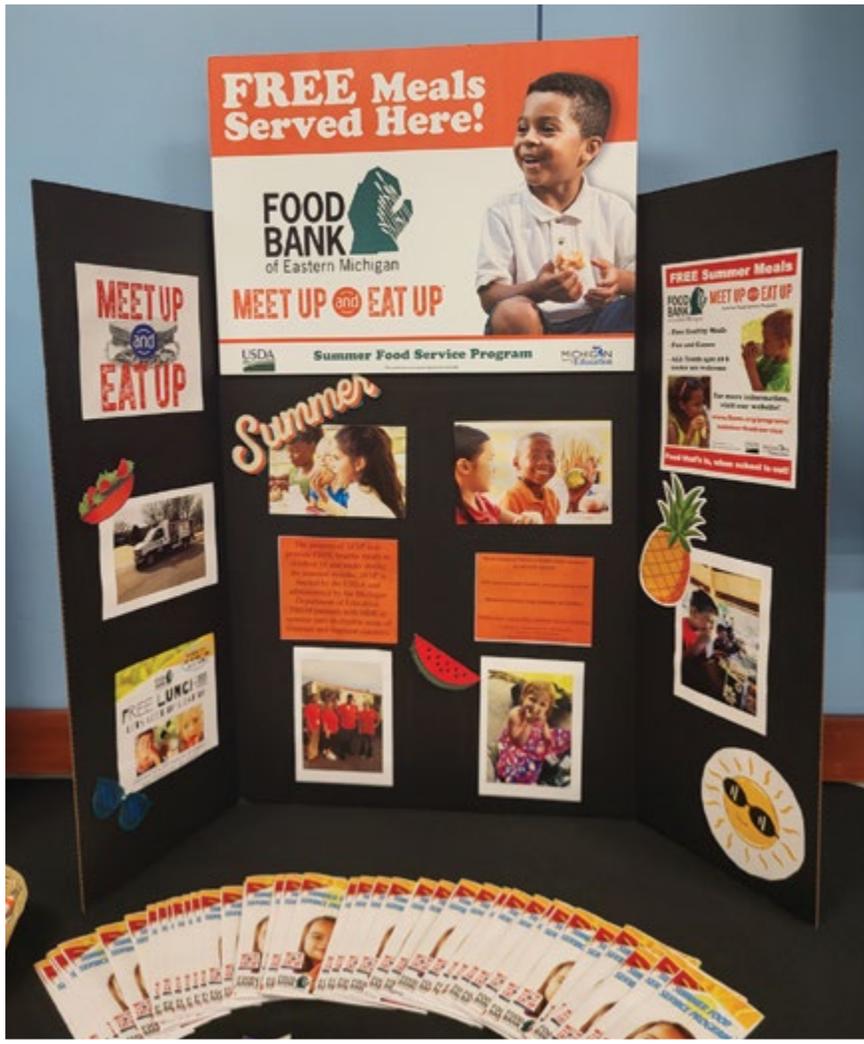


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Empty Bowls

Presented By
hap

FOOD BANK
of Eastern Michigan

by Lesley Howe

It's 3:00 in the afternoon.

You've been so focused on your work that you forgot to eat lunch. Now, that afternoon slump is hitting you like a ton of bricks. Your stomach is growling. You can no longer concentrate. You're starting to feel "hangry". So, you open up a drawer to grab a snack, and all is right with the world again.

Imagine having those hunger pangs all the time. There is no snack drawer to open. And you don't know where your next meal is coming from.

According to the Food Bank, there are more than 200,000 people facing hunger in Eastern Michigan. Men, women, and children, alike. Many hardworking families that are struggling to keep the lights on, and soon, the heat. Money is tight. But, you can't survive without food.

The Food Bank of Eastern Michigan has served more than 331,000 people each year in 22 counties, since 1981. This takes a network of over 700 Hunger Relief Partners.

The Food Bank relies heavily on community involvement to raise funds to feed those in need. One dollar can feed six people. You can't even buy a Snickers for one dollar.

There are many events and fundraisers that take place throughout the year to help raise those dollars, with the largest being the Empty Bowls event.

Held at the Hunger Solution Center in Flint, this event, in partnership with the Flint Institute of Arts, features food, entertainment, cooking demonstrations, local celebrity servers, an auction, and more, for a \$30 ticket. That \$30 provides 180 meals.

You also get a beautiful one-of-a-kind hand crafted bowl from the FIA, to take with you as a reminder of your contribution.

The goal for 2022 was to raise \$50,000, but the community showed up in force, bringing the total raised to \$68,040! Ready for some more math? That's 408,240 empty bowls that will be filled.

Where else can your \$30 lunch do so much good for others? If you missed it this year, it will be back in 2023. In the meantime, you can donate on their website fbem.org/donate-fb/. You can also volunteer your time. And if you need help, you can use the Agency Locator to find a pantry near you.



{ healthy eating, healthy lifestyle, healthy mindset }

Who's Driving the Bus?

*It's too hard.....
I've never done that before.....
I'm not good enough, smart enough,
just not enough.....*

You may not say these things out loud, but I can hear them loud and clear in MY mind. How about you? Have you heard something like that?

When you are hearing thoughts like these, is there any wonder why you're not getting the results you want? Who's driving the bus of your results? What thoughts do you have in the driver's seat?

- What are the dominant thoughts that you've been thinking or believing that have created your current results?
- When you think that thought, how does that make you feel?
- When you're feeling that way, what actions do you take? (or don't take?)
- What is the current result that these thoughts, feelings, and actions generate?

It may sound something like....

- It's way too hard for me to lose weight, I've never been able to in the past, it doesn't matter what I do.
- That makes me feel discouraged, frustrated, defeated.
- I'm just going to eat whatever because it doesn't matter anyway.
- The results? Yeah, no weight loss and probably weight gain.

My thoughts directly lead to my feelings

My feelings influence my actions

My actions predict my results

Try this instead of the first scenario – it's kind of like reverse engineering!

- What is the new result that I want?
- What actions would I need to take to create that result?
- How would I have to feel in order to trust myself to take those actions?
- What would I need to think and believe in order to feel that way?

Let's do this again...

I want to lose 20 pounds.

The actions?

- I would need to get some movement in, maybe go to the gym or walk each day.
- I would also need to eat healthier – have more veggies and fruit instead of French fries and ice cream.
- I would need to feel optimistic, I would need to feel encouraged, I would need to feel empowered.
- I would be believing that I deserve to take care of myself,
- I am worthy of good healthy food, and it's okay to make my health a priority.

Are you not getting the results you want? Or don't like the results you're getting now?

Be encouraged my friend! You can choose a different thought!

Your thoughts are what's driving the bus and you have the choice to pick the driver.

Choose possibilities, choose positivity, choose personal power.... It's up to you.

► *Debra Loader is a National Board Certified Health and Wellness Coach and she works with women who are exhausted from doing it all. She can be reached for private or group coaching at debra@debraloaderlivingwell.com or 810.287.4096.*



5 Tips to Encourage Picky Eaters

Culinary.net

Feeding an entire family can be difficult enough on its own with busy evenings full of hustle and bustle. One additional factor that can cause even more headaches is dealing with a picky eater, especially a child whose preferred menu ranges from hot dogs to candy.

If you're looking to widen the palate of your picky eater (or eaters), consider these tips to start down a path toward a more expansive slate of family meals.

START SLOW

Loading up your little ones' plates with steamed veggies and sauteed fish may be a surefire way to send them to the pantry for a less nutritious snack. Instead, try combining personal favorites with small portions of foods you'd like to introduce, such as chicken nuggets alongside green beans or topping pizza with black olives.

DON'T FORCE IT

While it can be frustrating to constantly hear "no" to fruits and veggies, forcing

them upon children may turn them away for good. In addition, a struggle over eating certain foods may create a constant sense of frustration around mealtime, which may only decrease a child's desire to expand his or her horizons.



CREATE A FUN EXPERIENCE

Remember not every meal has to include something new. On occasion, mix up mealtime by serving your children's favorites, even if it's as simple as a hamburger or as creative as breakfast for dinner.

BRING YOUR SIDEKICKS TO THE STORE

Introducing your children to the place your family's food comes from may help them feel more comfortable with new flavors. Plus, by letting them in on the shopping process, you can have some help choosing foods they're more likely to be willing to try.

LET CHILDREN HELP COOK

Much like choosing their own ingredients increases the likelihood they'll try something new, perhaps becoming part of the cooking process can help children see how a meal comes together. It doesn't have to be a gourmet experience – simply seasoning roasted asparagus with salt and olive oil, for example, can introduce your up-and-coming chefs to the kitchen while helping make the cooking (and eating) process a fun adventure.

For more food tips and kid-friendly recipes, visit Culinary.net.

Photo courtesy of Getty Images.

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---{ recipe }---

Sweet Ideas for Celebrating Parents All Year Round

FAMILY FEATURES

Regardless of the occasion, any excuse to celebrate moms and dads is a worthy one. From birthdays and holidays to regular weekends at home, one of the best gifts you can give them is time spent together.

The entire family – including little ones – can get involved when the celebration calls for easy yet delicious recipes. Start a day of celebrating on a high note with these Apple Cinnamon Waffles for a sweet breakfast in bed. As the day goes on, keep everyone energized with Apple, Peanut Butter and Honey Sandwiches or Apple Berry Salsa served with chips, apples or graham crackers. Finally, as the day winds to a close, finish off the festivities with Apple Blondie Cupcakes for one last reminder of how much Mom and Dad mean to you.

These recipes and more family-friendly breakfast, lunch, dinner, dessert and snack ideas are enhanced by the satisfying texture and taste of Envy Apples for a consistently balanced, refreshing sweetness coupled with crisp, elegant crunch. Easy to spot by their large, sharable size and crimson red skin that sometimes features a golden blush, they offer a fresh flavor perfect for snacking.

Try serving them as a tasty snack next time your loved ones gather for time together to watch an exciting family-friendly show like “Strawberry Shortcake.” Enjoy seasonal stories about her and her pals discovering hidden treasures while on vacation, encountering mysterious monsters and tangling with out-of-control spring flowers as she’s ready to “bake the world to a better place” all year round.

Visit EnvyApple.com to find more recipes the entire family can enjoy together.

Apple Blondie Cupcakes

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 12

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup unsalted butter (1 stick), melted and cooled
- 1 cup light brown sugar, packed
- 1 teaspoon vanilla extract
- 1 large egg, at room temperature
- 2 Envy Apples, peeled, cored and 1/4-inch diced

Preheat oven to 350 F. Line 12-count muffin pan with cupcake liners and set aside.

In medium bowl, whisk flour, baking powder, salt, cinnamon and nutmeg.

In large bowl, whisk butter and brown sugar 2 minutes, or until well combined. Add vanilla and egg; whisk until incorporated.

Add flour mixture to large bowl of wet ingredients. Stir until just combined; be careful to not overmix.

Fold in diced apples.

Spoon batter evenly into cupcake liners.

Bake 18-22 minutes, or until toothpick inserted into center of cupcake comes out clean. Let cool and serve.





Apple Berry Salsa

Apple Berry Salsa

Prep time: 15 minutes

Servings: 4-6

- 2 Envy Apples, cored and chopped**
- 1 pound strawberries, hulled and chopped**
- 1 pint blueberries**
- 1/2 teaspoon kosher salt**
- 2 tablespoons honey**
- 2 tablespoons fresh lime juice**
- tortilla chips, pita chips, apple chips or graham crackers, for serving**

In medium bowl, combine apples, strawberries, blueberries and salt.

In small bowl, whisk honey and lime juice. Pour honey and lime juice over fruit mixture. Stir together to combine.

Serve immediately with tortilla chips, pita chips, apple chips or graham crackers, or refrigerate until ready to serve.

Apple, Peanut Butter and Honey Sandwiches

Prep time: 5 minutes

Servings: 2 (1 sandwich per serving)

- 1 Envy Apple**
- 6 tablespoons peanut butter**
- 4 slices of bread**
- 2 tablespoons honey**

Core apple and thinly slice.

Spread 3 tablespoons peanut butter on two slices of bread, reserving two slices of bread for sandwich tops.

Layer apple slices on top of peanut butter.

Drizzle 1 tablespoon honey over apple slices on each sandwich half.

Top each sandwich half with reserved slice of bread.



Apple, Peanut Butter and Honey Sandwiches



Apple Cinnamon Waffles

Apple Cinnamon Waffles

Prep time: 5 minutes

Cook time: 5 minutes

Servings: 4

- 1 cup all-purpose flour**
- 1/2 teaspoon kosher salt**
- 1 teaspoon cinnamon**
- 2 teaspoons baking powder**
- 2 tablespoons brown sugar**
- 2 eggs**
- 1 cup milk**
- 4 tablespoons unsalted butter (1/2 stick), melted**
- 1 Envy Apple, peeled and cored nonstick cooking spray**
- 4 tablespoons unsalted butter (1/2 stick), at room temperature**
- maple syrup, to taste**

In large bowl, whisk flour, salt, cinnamon, baking powder and brown sugar. In smaller bowl, whisk eggs, milk and melted butter.

Make well in dry ingredients then mix in wet ingredient mixture until just combined.

Using cheese grater, grate apple. Fold grated apple into batter.

Prepare waffle iron with nonstick cooking spray.

Ladle 1/4 of batter mixture into waffle iron and cook according to manufacturer's instructions. Repeat with remaining batter.

Top each waffle with 1 tablepoon room temperature butter and maple syrup, to taste.

The Power of

In 2005 my mother suddenly died of a heart attack. For her memorial, I decided to write a poem in honor of all the love and joy she gave to our family. Just as I began reading the section of my poem where I mentioned my mom's love for Mother Nature and butterflies, a little yellow butterfly began flying around me. Some people thought it was simply a coincidence but to me it felt like a little miracle.

Fast forward to 2015 when another unusual thing happened that seemed like a coincidence but definitely did **not** feel like a miracle. My older sister's perfectly healthy seven month old great grandson suddenly died of SIDS. One month later my younger sister's only daughter committed suicide. After these tragic and unusual coincidences I knew there was something more I wanted to learn. I knew that everything happens for a reason but what was the reason this time?

Four months later I found myself facing another life and death issue. My youngest son had a cancerous tumor removed (3 previous times in 2014) and throughout 2015 had been in remission. 3 months after the coincidental deaths in my family, the tumor had returned. His prognosis looked very dismal and I found myself thinking *what a worrisome coincidence this all seemed to be. What more did I need to learn about life and death?*

After my son's 4th surgery, fear about him dying set in and I started feeling a lot of anxiety. A few weeks later I began to have unexplained nosebleeds for 2 straight weeks. After a thorough doctor's checkup I was told that it must be stress because there was nothing else wrong with me. I hadn't meditated for a long time so I decided to see if this would help me. Within a few minutes of deep breathing and quieting my mind, I heard a voice in my head. It was a gentle, kind voice (that sounded just like my own voice). It said "Life is supposed to be fun. Life is not

Perspective & Miracles

supposed to be full of worry and fear.” I began to cry because it was true, all the fun things I used to do in life had come to a halt.

After pure exhaustion from crying, I took a deep breath. I had a sudden awareness that it was time to let go of the heavy burden of wanting to control the outcome of my son’s illness. I knew this was impossible so I made a decision to turn my fears and worries over to God. A loving sense of peace and calmness traveled through me.

After my meditation my bloody noses never returned. What a beautiful miracle! This made me wonder, *was the voice in my head Spirit speaking to me? Had all these experiences around death been a coincidence or were they meant to happen to enhance my abilities as an Intuitive Life coach?* I always felt that miracles were a gift from God but now I began to wonder how and why miracles *really do happen and can we create them?*

As far as the Law of Attraction (LoA) goes, we are transmitters and receivers of energy. I believe God is always sending miracles our way but as far as the LoA goes, are we ready to receive them?

When I finally accepted the fact that there was nothing I could do to cure my son, I got at peace with the situation and let go of my worries. Letting go and just **loving** my son was the best thing I could have ever done for him because I subsequently learned that having faith in the unknown put me in the receptive mode, and Divine timing took care of the rest. In addition to my bloody noses disappearing, miraculously 7 years later as I write this article, my son is still cancer-free. The energetic bond between mother and child begins at birth. Our children feel it and are affected by it whether we know it or not. When we have faith in the unknown and release our worries and fears, it not only helps us, but it helps everyone around us, **including our children**.

I’ve learned that synchronicities are in the eye of the beholder (choice of perspective). As Dr. Wayne Dyer always said, *“When you change the way you look at things the things you look at change”*. God is **love**, so by shifting our focus from the low frequency of fear and hopelessness to the high frequency of **love** (let go and let God) we are able to use the LoA to co-create with God. The frequency of **love** is what miracles are all about.

► *Suzanne Young is an intuitive life coach. She specializes in the Law of Attraction and empowering others by helping them learn how to reconnect with their Inner Guidance. She is also an inspirational speaker, author, and co-owner of Personal Success Programs, since 2007, with her husband Kevin Young. You can email her at suzanne@psprograms.com and their website is www.psprograms.com. Her office number is 248.349.6225.*



---{ shades of health }---



Shades of Health is not a topic,
it's a lifestyle that connects us to us.

Living For You

For many years, I thought that living life was about taking care of others, and putting in the work to make sure everyone else was good, healthy and fulfilling their dreams. I grew up hearing a wise woman, my mom, take care of her home, rise early to prepare the day for her children and husband. So without hesitation, I became that “MOM”. I worked all day and taxied children to basketball practice, soccer practice and cheerleading. I helped with homework and hosted cool birthday parties, because I wanted my children and husband to be pleased. I went to church, prayed, cooked and cared for my husband, trying my best to become the “WIFE” he admired and would be proud of. I spent so many days of my life pleasing others and feeling disappointed. Not really knowing who I was as a woman and what I was truly capable of becoming. But at the time, it didn't matter, because I was happy and content living in the shadow of my children and husband. For some reason, I buried the thought that my children would grow up and leave the house. And never did I imagine my marriage of thirty years would come to an end, forcing me to learn how to live *for me*.

Let's talk about living for you, and how important it is for us as women to value our worth and create a life that's not defined by other people's expectations, thoughts or judgments. Living for you is not about being a superhero, but about balance, peace and self-care. Living for you is about loving you, just as much as you love others. Living for you is about choices, considering consequences and putting in the work to make you a better version of you. Living for you is about recognizing your strength and activating your health care power. Living for you is about coming to the reality that it's okay to take care of you too. Living for you is about loving *you*, just as much as you love your children, husband, family, friends and community.

► *Tarnesa Martin, aka Nurse T, is a health educator, community advocate, writer, motivational speaker and certified life, health, and empowerment coach. She specializes in helping individuals with healthcare management.*



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